

Snohomish Midwives
57 Cedar Avenue
Snohomish, WA 98290
877-869-6105
Fax: 360-563-2662

When Labor Begins

There are many different signs and symptoms of labor. It can be tricky to determine whether or not you are actually in labor, so please call us if you have any questions. Please use the following phone and pager numbers to reach us according to how urgent your question or concern is.

Please call the office phone at **(877) 869-6105**

Call the office if you experience any soft labor signs. Soft signs of labor may indicate that your labor has begun or it could mean that you still have several more days and possibly even weeks to go before your labor begins. These signs include the loss of your mucous plug, very mild and irregular contractions, low back pain, loose stools, and/or flu-like symptoms.

Please Page Us at **(425) 388-2600**

- ♥ Please page us if you think that you may be in labor. Labor is characterized by the occurrence of regular, painful contractions. If you begin to have contractions that are **every 5 minutes apart and remain so for about an hour, or if they become so intense that you are unable to walk or talk through them, be sure to page right away** because this is a signal that your labor could be progressing into its more active phase. Time your contractions by measuring the space of time that exists between the onset of one contraction and the onset of the next one.
- ♥ Please page us if you know or think that your water has broken. It may break with an obvious gush or you may experience a small trickle of fluid that continues to leak over time. Once your water breaks you are officially in labor so it is important that you page us.
- ♥ Please page us if you experience early labor contractions that prevent you from getting rest or sleep. It is important that you approach active labor well rested and if you are losing sleep because of early labor pains we may be able to help you.

Our pager is a numeric pager. This means that you can't leave a voice message, only a numeric one. After you dial the pager number, you will hear a series of "beeps". Enter the phone number at which you would like us to call you back, then press the # key and hang up. If you have not received an answer to your page within 15 minutes of placing it, please page us again. We are on-call for you 24 hours a day, 7 days a week. Feel free to page us whenever you have an urgent question or concern. We are always glad to hear from you.

OVER

While Waiting For Your Midwife to Arrive

- ♥ Call for your labor tub if you rented one.
- ♥ Call your doula if she hasn't already arrived.
- ♥ Prepare your room for the delivery and make your bed according to the directions on the "Preparing For Your Homebirth" handout.
- ♥ Stay well hydrated and pee every hour.
- ♥ Eat.
- ♥ Engage in activities that are appropriate for the time of day. Sleep and rest at night. Stay active during the daytime.
- ♥ If your water has broken, do not place anything in your vagina or take a bath without checking with your midwife first.
- ♥ Distract yourself as much as possible by going to a movie, going on a walk, baking, gardening, or going to a friend's house.

Urgent Delivery Instructions

Rarely are babies born so rapidly that we are unable to arrive in time to attend the delivery. However, occasionally this type of situation does arise and we would like for you to be prepared. If you find that your baby is in the process of being born and we have not yet arrived, please do the following:

1. It is important that you stay calm and breathe deeply. Try to relax.
2. Place mom in a gravity-neutral position. Help her lie down on her side.
3. If she has the urge to push, tell her **not to push**. Have her lift her chin and repeatedly blow as if she were blowing out a candle.
4. Support the baby's head as it slowly emerges. The birth of the baby's body will quickly follow.
5. Place the baby onto mom's chest, preferably skin-to-skin. Dry the baby off.
6. The baby should turn from blue to pink right away and she should be breathing.
7. If baby does not turn pink and/or if she is not breathing, call 911 for instructions.
8. Make sure baby is covered with a dry towel or blanket. Place a hat on your baby's head.
9. Do not attempt to tie off or cut the umbilical cord. Do not massage mom's uterus until the placenta has been born.
10. Place baby near mom's breast, keep him warm, and encourage him to breastfeed.
11. Wait for us to arrive shortly.